



# Guide to Success



# Dance floor Etiquette

This is a guide used worldwide to ensure a great time is had by all!

Never	Always
 Never carry food, drinks, glasses, cans or lighted cigarettes onto the dance floor.	 Always listen to the DJ. It is customary for a DJ to designate a dance and to 'count it in'.
 Never walk through a line of dancers to cross the floor – always walk around or wait.	 Always encourage and support beginners. It only takes a few kind words to make a new friend.
 Never stand on the floor to talk – if music is playing go off the floor to chat.	 Always go to the front when starting off a dance, other's can then line up behind you.
 Never start a different dance unless there is plenty of room and you sense it is acceptable	 Always be gracious and apologise when caught in a 'bump' even if it was not your fault.
 Never hog floor space to perform. If the floor is full take small steps, and watch for collisions.	 Always replace drinks you accidentally knock over and be sure to say sorry.
 Never stop in the middle of a dance to teach, as you'll get in the way. Go off the floor to teach.	 Always leave the outside edge of the dance floor clear for partner dancers.
 Never let your feet, knees, arms or elbows become dangerous weapons on the dance floor.	 Always give way to dancers around the outside of the floor.
 Never show off. Crazy variations, turbo spins, high kicks and jumps just put people off – you.	 Always show appreciation. Applaud live acts, instructors and DJ's – they work hard for you.



And, finally,  
keep your head up, smile and enjoy yourself!

# Basic Nuline Dance Terminology

Most dances fall into one of four categories –One step, Two step , Cha cha or Waltz.

The first three are counted in groups of eight (8 beats to the bar of music) whilst the waltz is counted in groups of six (6 beats to the bar).

The steps of the dances are counted individually e.g. 1,2,3,4 or in double time e.g. 1&2, 3&4 or with a waltz the count is 123,456.

Some helpful hints to get you started. **Front** is where your nose is, **back** is where your nose isn't. **Left** is where your right used to be and **right** is nowhere to be found!

## Single beat steps:

### Step

(1 count) place foot on floor and take weight onto it

### Right vine

(3 counts) step right foot to side, step left foot behind right, step right foot to side

### Left vine

(3 counts) step left foot to side, step right foot behind left, step left foot to side

### Touch or tap

(1 count) touch toe or heel to ground but don't put any weight on it

### Brush

(1 count) brush foot forward and upwards past the foot you are standing on

### Scuff

(1 count) as brush but make contact with heel on floor

### Hook

(1 count) (1 count) lift foot and cross in front of supporting leg

### Stomp

(1 count) make a 'stamping' action (don't stamp hard to hurt your foot)

### Toe fan

(1 count) move the toe out while keeping heel in contact with the floor

### Heel fan

(1 count) move the heel out while keeping ball of foot in contact with floor

### Heel splits

(2 counts) keep weight on balls of feet move both heel out at the same time and then back together

### Hop

(1 count) spring into the air taking off and landing with same foot

### Jump

(1 count) jump forward or backward taking off and landing with both feet at the same time

### Hitch

(1 count) to lift the knee

### Rock

(1 count) to transfer weight from one foot to the other

### Slide

(1 count) to draw one foot next to the supporting foot

### Heel strut

(2 counts) place heel forward on floor then toe onto floor taking weight onto foot

### Toe strut

(2 counts) place toe forward or backwards on floor then heel onto floor taking weight onto foot

### Left ½ pivot

(2 counts) step forward on right foot, keeping weight on ball of left foot make a ½ turn over your left shoulder so that you end up with your weight on your left foot and facing the wall that was behind you

### Right ½ pivot

(2 counts) step forward on left foot, keeping weight on ball of right foot make a ½ turn over your right shoulder so that you end up with your weight on your right foot facing the wall that was behind you

### ¼ or ¾ pivot

(2 counts) are executed in the same way but make ¼ or ¾ turn to the appropriate wall

### Weave left

(4 counts) step right foot across in front of left, step left foot to left side, step right foot back behind left, step left foot to left side

### Weave right

(4 counts) step left foot across in front of right, step right to right side, step left foot back behind right, step right foot to right side

### Jazz box

(4 counts) step right foot across in front of left, step left foot back, step right foot to right side, step left foot next to left. Also done leading with left foot i.e. start by crossing left in front of right

### ½ Monterey turn

(4 counts) touch right toe to right side, on ball of left foot make ½ turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right. Also done leading with left foot i.e. start by touching left toe to left side

### ¼ or ¾ Monterey

(4 counts) are also executed in the same way but make a ¼ or ¾ turn to the appropriate wall

### Hip bumps

bump hips to the right, left, backwards or forwards in time to the music

## Syncopated steps:

3 steps forwards, backwards, sideways or on the spot, executed within 2 beats of the music. The following instructions are all leading with the right foot, but are also danced leading with the left foot (just the same steps but read left for right and right for left!) Confused? ...You haven't tried dancing them yet!

All counts are 1&2.

### Cha cha or triple step

step(1) right (&) left (2)right on the spot. Or (1) left(&) right (2)left on the spot

### Forward shuffle

(1) step forward on right foot, (&) step left foot to right heel, (2) step right foot forward

### Backward shuffle

(1) step back on right foot, (&) step left foot back to right toe, (2) step right foot back

### **Chasse**

(1) step right foot to right side, (&) step left foot next to right foot, (2) step right foot to right side

### **Coaster step**

(1) step right foot back, (&) step left foot back next to right, (2) step forward on right foot

### **Sailor step**

(1) step right foot back behind left foot, (&) step left foot to left side, (2) step right foot next to left

### **Mambo step**

(1) step forward on right foot, (&) lift left foot and replace it back down on the same place, (2) step right foot back next to left

### **Back or side mambo**

are executed in the same way but step(1) to the back or to the side

### **Kick ball change**

(1) kick right foot forward, (&) step onto ball of right foot next to left foot and lift left foot slightly off the floor, (2) replace left foot onto floor on the same spot

### **Twinkle steps**

(1) step right foot across in front of left, (&) step left foot to left side, (2) step right foot next to left

## **Just a few more**

All examples leading with right foot but are also done leading with left foot

### **Rumba box**

(8 counts) (1) step forward on right foot, (2) touch left toe next to right, (3) step left to left side, (4) step right next to left, (5) step back on left foot, (6) touch right toe next to left, (7) step right to right side, (8) touch left toe next to right

### **Lock steps forward**

(3 counts) (1) step forward on right foot, (2) step left foot behind right foot, (3) step forward on right foot (Can be done over 2 counts – i.e 1&2)

### **Lock steps back**

(3 counts) (1) step back on right foot, (2) step left foot in front of right foot, (3) step back on right foot (Can be done over 2 counts – i.e 1&2)

### **Charleston steps**

(4 counts) (1) touch right toe forward, (2) step right foot next to left, (3) touch left toe back, (4) step left foot next to right

### **Rhonde turn**

(3 counts) (1,2) sweep right toe in front of left as you make  $\frac{1}{2}$  turn left on ball of left foot, (3) touch right toe next to left

### **Heel swivets**

(4 counts) (1) fan right toe to right and left heel to left (2) return feet to place change weight to left heel and right toe, (3) fan left toe to left and right heel to right, (4) return feet to place

### **Toe switches**

(2 counts) (1) touch right toe to right side, (&) step right foot in place, (2) touch left toe to left side, (&) step left foot in place

### Heel switches

(2 counts) touch right heel to right side, (&)step right foot in place, (2)touch left heel to left side, (&)step left foot in place

### Cross unwind

(2 counts) (1)cross right toe in front of(or behind) left foot, (2)unwind on balls of feet to take weight onto right foot (can be  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ , or full turn)

### Scissor step

( 4 counts) (1)step right foot to right side, (2)return weight to left foot, (3)cross step right foot in front of left, (4) hold for one beat (can also be syncopated – count is 1&2&)

### Running man

(2 counts) (1)step forward right foot (&)hitch right knee and scoot right foot back, (2)step forward left foot (&)hitch left knee and scoot left foot back

### Apple jacks

(2 counts) (1)with weight on right toe and left heel turn right heel left and left toe left, (&)both feet back to centre ready to change weight, (2)with weight on right heel and left toe turn right toe right and left heel right, (&)both feet back to centre ready to change weight

### Rolling vine

(3counts) (1)step right making  $\frac{1}{4}$  turn right, (2) $\frac{1}{4}$  turn on the ball of right foot stepping left to left side, (3)pivot  $\frac{1}{2}$  turn on ball of left foot stepping right foot to right

### Heel grinds

(2counts) (1)step right heel forward, toe pointing left, (2)grind right heel into floor, fanning toes to right and taking weight

### Knee pops

(2counts) (1)with weight on left bend right knee in towards left leg, (2)straighten right knee and bend left knee in towards right leg

## And, finally

### The Smile

Turn outside edges of the mouth in an upward direction. You may also open your lips slightly to reveal your teeth if you so wish!

### The fun factor

Nuline Dance is meant to be fun. Relax and enjoy – you'll make some great friends and keep fit and young at heart at the same time!

Don't forget – this is Nuline Dance we are talking about – there are lots of variations to the basic steps! – Just when you thought you'd cracked it...!!!

On The Following Pages you Will find Some Easy dances which are more than Likely going to be taught in your class, these scripts will help you get to grip with them.

# On The Roof

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Stephen Rutter & Claire Butterworth (U.K) July 2011

Music: Up On The Roof by Robson & Jerome (130 B.P.M) [Happy Days – The Best Of]

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Alt. Music: "Up On The Roof" By The Drifters (122 B.P.M) ["Up On The Roof – The Very Best Of" ]  
(8 Count Intro' – Starting On Main Vocals).

(16 Count Intro' – Starting On Main Vocals).

## Section 1 – (Step Forward, Heel & Toe Swivels) x2.

- 1 Step right forward towards right corner.
- 2-4 Swivel left heel in towards right, swivel left toe in towards right, swivel left heel in towards right.
- 5 Step left forward towards left corner.
- 6-8 Swivel right heel in towards left, swivel right toe in towards left, swivel right heel in towards left.

## Section 2 – (Back Step, Toe Touches & Clap) x2, Right Vine, Toe Touch.

- 1-2 Step right back towards right corner, touch left toe beside right & clap.
- 3-4 Step left back towards left corner, touch right toe beside left & clap.
- 5-6 Step right to right side, cross left behind right.
- 7-8 Step right to right side, touch left toe beside right.

## Section 3 – Left Vine, Toe Touch, Rocking Chair Step.

- 1-2 Step left to left side, cross right behind left.
- 3-4 Step left to left side, touch right toe beside left.
- 5-6 Rock forward on right, recover weight onto left.
- 7-8 Rock back on right, recover weight onto left.

## Section 4 – (Step Forward, Pivot 1/4 Turn Left) x2, Jazz Box.

- 1-2 Step forward on right, pivot a quarter turn left.
- 3-4 Step forward on right, pivot a quarter turn left.
- 5-6 Cross right over left, step back on left.
- 7-8 Step right to right side, Step left forward & slightly over right.

Begin Again & Enjoy!

# CUPID SHUFFLE

Count: 32

Wall: 4

Level: ultra beginner

Choreographer: Unknown

Music: Cupid Shuffle by Cupid

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This dance is a 32 count simple dance in the same vein as Electric Slide, Cha Cha Slide, etc

## SIDE TOGETHER TO THE RIGHT

- 1-2 Step right foot side right, step left foot together
- 3-6 Repeat 1-2 two more times
- 7-8 Step right foot side right, touch left foot together

## SIDE TOGETHER TO THE LEFT

- 1-2 Step left foot side left, step left foot together
- 3-6 Repeat 1-2 two more times
- 7-8 Step left foot side left, touch (or step) right foot together

## HEEL TOUCHES

- 1-2 Touch either heel forward, step that foot next to the other foot
- 3-4 Touch the other heel forward, step that foot next to the other foot
- 5-8 Repeat 1-4

## TURN 1/4 LEFT

- 1-8 March in place for 8 counts, gradually turning 1/4 turn to the left
- Make these last 8 counts as stylish as you want. Bend your knees and alternate knees apart-knees together on each step. Or do whatever funky moves you can

## REPEAT

# And It Goes Like This

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Sue Hutchison (Aug 2011)

Music: Moves Like Jagger (Feat. Christina Aguilera) by Maroon 5 – Single

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## Section 1: WALK FWD TOUCH, WALK BACK TOUCH

- 1, 2            step fwd R, step fwd L
- 3, 4            step fwd R, touch L next to R
- 5, 6            step back L, step back R
- 7, 8            step back L, touch R next to L

## Section 2: GRAPEVINE R TOUCH, GRAPEVINE 1/4 L TOUCH

- 1, 2            step R to R side, step L behind R
- 3, 4            step R to R side, touch L next to R
- 5, 6            step L to L side, step R behind L
- 7, 8            step L 1/4 turn L, touch R next to L

## Section 3: V STEPS X 2

- 1, 2            step R foot fwd & out, step L foot fwd & out (hip width apart)
- 3, 4            step L foot back in place, step R foot back in place (the last 4 counts having made a 'V' shape)
- 5, 8            repeat above 4 counts

## Section 4: 4 X PIVOT 1/4 TURNS L

- 1, 2            step R foot fwd, turn 1/4 turn L stepping onto L
- 3, 4            repeat
- 5, 6            repeat
- 7, 8            repeat

# Skinny Genes

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Pat and Lizzie Stott (April 2010)

Music: Skinny Genes by Eliza Doolittle

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Commence on vocals – intro 32 counts

Diagonally forward, together, diagonally forward, tap, diagonally forward, together, diagonally forward, tap

- 1 – 2 Step diagonally forward on right to right diagonal, close left to right
- 3 – 4 Step diagonally forward on right to right diagonal, tap left next to right
- 5 – 6 Step diagonally forward on left to left diagonal, close right next to left
- 7 – 8 Step diagonally forward on left to left diagonal, tap right next to left

Step diagonally back, tap, step diagonally back, close, twist heels – right, centre, right, centre

- 1 – 2 Step right diagonally back to right diagonal, tap left next to right
- 3 – 4 Step left diagonally back to left diagonal, close right next to left
- 5 – 8 Twist both heels to right, twist both heels back to centre, twist both heels to right, twist both heels back to centre

Grapevine right, brush, grapevine left with  $\frac{1}{4}$  turn left, brush

- 1 – 4 Step right to right, cross left behind right, right to right, brush left next to right
- 5 – 8 Step left to left, cross right behind left, turn  $\frac{1}{4}$  left stepping forward on left, brush right forward

Step, brush, step, brush, walk back x 3, close

- 1 – 4 Step forward on right, brush left forward, step forward on left, brush right forward
- 5 – 8 Walk back – right, left, right, close left next to right

End of Dance

At the end of the music twist the heels to face front wall

# FEELING KINDA LONELY

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Margaret Swift (UK) Aug 07

Music: Feeling Kinda Lonely Tonight by The Dean Brothers [Family Album CD 1 (132 bpm)]

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## Intro 16 Count

### Section 1 Heel, Heel, Toe, Toe, Side Close, Bounce Heels

- 1 – 2 Tap Right Heel Forward. Tap Right Heel Forward.
- 3 – 4. Tap Right Toe Back. Tap Right Toe Back.
- 5 – 6 Step Right to Right Side, Close Left Next to Right.
- 7 – 8 Bounce Both Heels Twice.

### Section 2 Heel, Heel, Toe, Toe, Side Close. Bounce Heels

- 1 – 2 Tap Left Heel Forward. Tap Left Heel Forward
- 3 – 4. Tap Left Toe Back. Tap Left Toe Back.
- 5 – 6 Step Left to Left Side, Close Right Next to Left
- 7 – 8 Bounce Both Heels Twice

### Section 3 Step Forward Touch, Step Back Touch

- 1 – 2 Step Forward Right. Touch Left Next to Right. (Clap)
- 3 – 4. Step Forward Left. Touch Right Next to Left. (Clap)
- 5 – 6 Step Back on Right. Touch Left Next To Right. (Clap)
- 7 – 8 Step Back on Left. Touch Right Next to Left. (Clap)

### Section 4 Grapevine Right Touch, Grapevine Left 1/4 Turn

- 1 – 2 Step Right to Right side, Step Left Behind Right.
- 3 – 4 Step Right to Right Side, Touch Left Next to Right
- 5 – 6 Step Left to Left Side. Step Right Behind Left.
- 7 – 8 Turn 1/4 Left Stepping Forward Left. Touch Right Next to Left

## Alternative Tracks

In a letter – Eddy Raven – Wild Eyed And Crazy Cd (36 Count Intro) (BPM 132)

Nothin 'bout Love Makes Sense – LeAnn Rimes – Fever 16 Cd (32 Count intro) (BPM 122)

# Beg, Steal or Borrow

Count: 16

Wall: 4

Level: Absolute Beginner

Choreographer: Andrew Palmer & Sheila Palmer (May 2012)

Music: Beg, Steal or Borrow by The New Seekers (CD: The Very Best of) iTunes

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Intro 28 counts (approx 14 seconds), start on "I look at you..."

Section 1: Fwd L. Touch R. Back R. Touch L. Side L. Touch R. Side R. Touch L

- 1-2 Step forward on left, touch right beside left
- 3-4 Step back on right, touch left beside right
- 5-6 Step left to side, touch right beside left
- 7-8 Step right to side, touch left beside right

Section 2: Side L. R behind. Quarter L fwd L. Step R. Tap L heel. Step on L. Tap R heel. Step on R

- 1-2 Step left to side, step right behind left
- 3-4 1/4 turn left (9:00) step forward on left, step right beside left
- 5-6 Tap left heel forward, step left beside right
- 7-8 Tap right heel forward, step right beside left